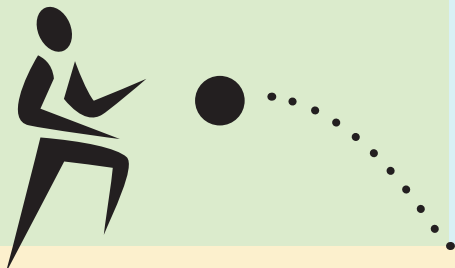
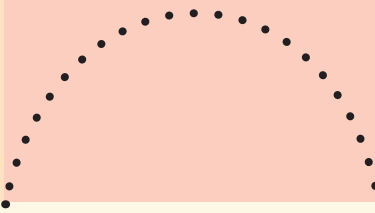


MyActivity Pyramid

Physical Activity Guidelines for Adults (18-64)

Lifestyle Activities	Aerobic Activity	Strength and Flexibility	Inactivity
As often as possible	At least 150 minutes (2 hours and 30 min.) of moderate intensity each week or At least 75 minutes (1 hour and 15 min.) of vigorous intensity each week*	At least 2 times each week	Limit
<ul style="list-style-type: none"> Pick an activity you like and one that fits your life. Some physical activity is better than none. 	<p>What is a moderate-intensity activity?</p> <ul style="list-style-type: none"> You can talk while you do it, but you can't sing. <p>What is a vigorous-intensity activity?</p> <ul style="list-style-type: none"> You can only say a few words without stopping to catch your breath. <p><i>*Or do a combination of moderate- and vigorous-intensity activities.</i></p>	<p>Strength</p> <ul style="list-style-type: none"> Include all major muscle groups. Perform 8-12 repetitions per set (1-2 sets). <p>Flexibility</p> <ul style="list-style-type: none"> Perform flexibility activities at least two days each week for at least 10 minutes each day. 	<ul style="list-style-type: none"> Screen time (television, computer, video games). Sitting longer than 60 minutes. 
<p>Major research findings about the health benefits of physical activity from the Physical Activity Guidelines for Americans:</p> <ul style="list-style-type: none"> Regular physical activity reduces the risk of many adverse health outcomes such as heart disease, type 2 diabetes, and some cancers. Most health benefits occur with at least 150 minutes (2 hours and 30 min.) a week of moderate-intensity physical activity. Additional benefits occur with more physical activity. People with disabilities can also benefit from physical activity. The benefits of physical activity far outweigh the possibility of adverse outcomes. 		<p>Physical Activity Guidelines are also available for the following:</p> <ul style="list-style-type: none"> Children and adolescents Older adults Women during pregnancy and the postpartum period Adults with disabilities People with chronic medical conditions <p>To learn more about these guidelines visit: www.health.gov/paguidelines</p>	

This publication was adapted from USDA's MyPyramid and from the U.S. Department of Health and Human Services, 2008 Physical Activity Guidelines for Americans. This publication was funded in part by USDA's SNAP.

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